

INDEPENDENT AFFILIATE REVIEW

CalmLean Review

Ingredients, Benefits, How It Works, Side Effects, Dosage, Price & Pros and Cons — An Independent Analysis of CalmLean by PrimeGENIX



Product reviewed: CalmLean by PrimeGENIX (Leading Edge Health)

Last reviewed: August 10, 2026

Affiliate Disclosure: This document contains an affiliate link. See the disclosure section for details.

Table of Contents

Quick Verdict & CalmLean at a Glance	2
What Is CalmLean?	4
CalmLean Ingredients	4
How Does CalmLean Work?	6
Does CalmLean Actually Work?	7
CalmLean Benefits	9
CalmLean Side Effects & Safety	9
Who Should Avoid or Discuss CalmLean With a Doctor?	10
CalmLean Dosage & How to Take It	11
CalmLean Price & Where to Buy	11
CalmLean Money-Back Guarantee	11
CalmLean Pros and Cons	12
CalmLean vs. Typical Stimulant Fat Burners	12
CalmLean Alternatives: What to Look For	13
Frequently Asked Questions	14
Final CalmLean Review Verdict	15
How This Review Was Prepared	16
References & Sources	16

Quick Verdict & CalmLean at a Glance

Affiliate Disclosure: This review contains an affiliate link. If you purchase CalmLean through the link in this guide, the author may receive a commission at no additional cost to you. This commercial relationship does not change the information presented in this review.

CalmLean is a stimulant-free weight-management capsule sold by PrimeGENIX, a supplement brand operated by Leading Edge Health. It combines four ingredients — chromium, a forskolin extract branded ForsLean, cayenne pepper (capsicum), and the black pepper extract BioPerine — and is marketed primarily to men who want to avoid caffeine-based fat burners.^[1]

This review is written for people who are actively researching CalmLean before buying it. It separates what PrimeGENIX claims from what independent research on the individual ingredients actually shows, and it flags where the two diverge.

Category	Summary
Product type	Stimulant-free, capsule-based weight-management dietary supplement
Brand / Company	PrimeGENIX, a brand of Leading Edge Health
Main positioning	"100% stim-free" thermogenic fat burner marketed mainly to men over 40
Stimulant-free?	Yes, per the manufacturer — contains no caffeine or listed stimulant compounds ^[1]
Key ingredients	Chromium (as chromium polynicotinate), ForsLean® (Coleus forskohlii extract, 10% forskolin), cayenne pepper (Capsicum annum), BioPerine® (black pepper extract, 95% piperine) ^[1]
Suggested use	Two capsules daily with water, per the product label ^[1]
Price (at time of writing)	\$59 for one bottle, \$56/bottle for three, \$53/bottle for six; \$49/bottle on a monthly subscription ^[1]
Money-back guarantee	67 days from delivery, refund minus shipping, limited to one refund per customer ^[2]
Best suited for	Adults who specifically want to avoid caffeine/stimulants and are looking to pair a supplement with diet and exercise changes
Main limitation	Independent, ingredient-level research is mixed to limited; no independent, peer-reviewed clinical trial of the finished CalmLean formula itself is publicly available
Affiliate relationship	Yes — this review contains an affiliate link (see disclosure above)

Note on scoring: This review does not assign CalmLean a star rating or numeric score. A single number cannot meaningfully summarize the gap between marketing claims, ingredient-level evidence, and finished-product evidence discussed throughout this document — assigning one would create a false sense of precision.

What Is CalmLean?

CalmLean is marketed by PrimeGENIX as a "100% stimulant-free" weight-loss supplement designed to be taken daily alongside, or instead of, diet and exercise changes.^[1] It falls into the broader category of thermogenic weight-management supplements — products that claim to raise metabolic rate or fat oxidation through non-stimulant nutrients rather than caffeine-type compounds.

PrimeGENIX is one of several supplement brands operated by Leading Edge Health, a supplement retailer that also sells testosterone-support, prostate, and pre-workout products. CalmLean's marketing leans heavily on a "stim-free" positioning, contrasting itself against caffeine-heavy fat burners and banned stimulants such as ephedra, which the manufacturer references directly on its product page.^[1]

What "Stimulant-Free" Actually Means

In supplement marketing, "stimulant-free" typically means a product does not contain caffeine, synephrine, yohimbine, or similarly acting central-nervous-system stimulants. It does *not* mean the product is free of all physiologically active compounds — capsaicin (from cayenne pepper) and forskolin both have measurable biological effects, just through different pathways than caffeine. Being stimulant-free is a genuine safety consideration for people who are caffeine-sensitive or want to avoid raised heart rate and blood pressure, but it says nothing on its own about whether a product produces meaningful weight loss.

What Consumers Should Realistically Expect

Dietary supplements in the United States are regulated by the FDA as a category distinct from drugs. Manufacturers are responsible for ensuring their products are safe and that label claims are truthful, but the FDA does not review or approve individual supplement formulas before they go on sale.^[3] That regulatory framework means it is worth treating strong before-and-after claims with informed skepticism regardless of which brand is making them, and evaluating a formula on the strength of the underlying ingredient research rather than the marketing copy alone.

CalmLean Ingredients

According to the current product page, CalmLean's formula centers on four active ingredients.^[1] The table below separates the manufacturer's description of each ingredient's role from what independently reviewed research — primarily the National Institutes of Health Office of Dietary Supplements (NIH ODS) fact sheet on weight-loss supplements — actually reports.^[3]

Ingredient	Manufacturer's Stated Amount	What PrimeGENIX Says It Does	What Independent Research Suggests	Evidence Strength
		Boosts energy, builds muscle, burns fat, works	A 2013 Cochrane review of 9 RCTs (622 participants) found	Limited

Chromium (as chromium polynicotinate)	0.2 mg (200 mcg) per the product page ^[1]	alongside carb and fat regulation ^[1]	chromium picolinate reduced body weight by about 1.1 kg more than placebo, calling the clinical relevance "debatable" and the evidence quality low. A related meta-analysis found roughly 0.5 kg weight and 0.46% body-fat reductions, also "uncertain" clinically. ^[3]	
ForsLean® (Coleus forskohlii root extract, standardized to 10% forskolin)	Not confirmed on the current product page — <i>verify exact milligram amount against the product label before relying on it</i>	"U.S. patented fat-torching breakthrough" said to reduce weight, improve BMI, and improve body composition based on manufacturer-cited studies ^[1]	NIH ODS describes human research as "very limited and inconclusive." In several 12-week randomized, double-blind trials using this same type of extract (250 mg twice daily, 10% forskolin), most found no significant effect on body weight . One trial found a significant reduction in body-fat percentage without a change in total weight; another found no weight-loss effect but a significant drop in plasma insulin. ^{[3][4][5]}	Limited / Mixed
Cayenne pepper (Capsicum annuum) fruit powder	Not confirmed on the current product page — <i>verify against the label</i>	Said to instantly raise metabolism, suppress hunger, and "block fat from returning" ^[1]	NIH ODS reports that capsaicinoids modestly reduce short-term energy intake (roughly 74 fewer calories per meal in a pooled analysis of 8 trials) but that body weight itself has generally not been significantly affected in controlled trials, including a 12-week study using 2–4 mg/day capsaicinoids. ^[3]	Limited
BioPerine® (black pepper extract, 95% piperine)	Not confirmed on the current product page — <i>verify against the label</i>	Said to "supercharge" the formula by increasing bioavailability by up to 30% ^[1]	Piperine is a well-documented bioavailability enhancer for various nutrients and drugs, working partly by inhibiting metabolic enzymes and an intestinal efflux transporter.	Moderate (as an absorption enhancer generally)

This is a real, patent-documented pharmacological effect — but bioavailability of the *other three ingredients* in this specific formula has not been independently tested, so the practical impact within CalmLean is unconfirmed.^[8]

Important: Some exact per-capsule ingredient amounts (ForsLean, cayenne, BioPerine) were not fully visible on the live product page at the time this review was written. Always cross-check the current Supplement Facts panel on the physical bottle or the manufacturer's site before purchasing, since formulations and label disclosures can change.

Why Ingredient Evidence Isn't the Same as Product Evidence

A crucial distinction runs through this entire review: evidence that an isolated ingredient has some effect in a clinical trial does not prove that a finished multi-ingredient product — dosed differently, combined with other compounds, and taken by a different population — produces the same effect. NIH's own fact sheet makes this point explicitly: dosages and active-compound amounts vary widely between products, and evidence for one ingredient in isolation may not transfer to a blend.^[3] No independent clinical trial of the complete CalmLean formula was located during this review; the "clinical study" figures referenced on the product page appear to describe research on individual patented ingredients rather than CalmLean as a finished product, and that specific study could not be independently verified — a point covered in more detail in the next section.

How Does CalmLean Work?

PrimeGENIX describes CalmLean's mechanism using the language of "thermogenesis" — the idea that certain compounds increase heat production and calorie burning in the body.^[1] Here is what is biologically plausible versus what has been demonstrated in real-world outcomes.

Thermogenesis and Energy Expenditure

Forskolin is proposed to work by stimulating an enzyme called adenylate cyclase, raising levels of a signaling molecule (cyclic AMP) that can activate an enzyme responsible for breaking down stored fat.^[3] This is a legitimate cellular mechanism studied in laboratory settings. The open question is how much this translates into measurable, real-world fat loss at the doses used in over-the-counter supplements — and, as detailed above, most human trials of this specific extract have not shown a significant effect on total body weight.

Capsaicin and Short-Term Metabolic Rate

Capsaicin (from cayenne/capsicum) has been shown in some studies to modestly and briefly raise metabolic rate and reduce calorie intake at a given meal, likely through both a mild thermogenic effect and gastrointestinal sensations (warmth, mild discomfort) that reduce the desire to keep eating.^[3] The effect size in published research is small and short-lived, not a sustained "metabolism reset."

Chromium and Glucose/Insulin Metabolism

Chromium is an essential trace mineral involved in how the body responds to insulin. The theoretical link to fat loss is that better insulin sensitivity could support more favorable body composition, and some researchers have hypothesized effects on lean mass and appetite — but NIH ODS describes the supporting evidence as inconsistent and of generally low quality.^[3]

Piperine and Absorption

BioPerine's role is different from the other three ingredients: it isn't claimed to burn fat directly, but to help the body absorb other nutrients more efficiently by slowing certain metabolic and transport processes in the gut.^[8] This is one of the better-established mechanisms in the formula, though — again — its effect on *this specific combination* of ingredients hasn't been independently tested.

Plain-English summary: "Biological mechanism" is not the same as "proven real-world weight-loss outcome." Each of CalmLean's ingredients has a scientifically plausible pathway by which it *could* support fat metabolism, but plausibility and small laboratory effects do not guarantee a noticeable difference on a bathroom scale. This review does not claim CalmLean "melts fat" or "forces" the body to burn it — those are marketing phrases not supported by the independent evidence reviewed here.

Does CalmLean Actually Work?

This is the question most people searching for a CalmLean review actually want answered, and it doesn't have a simple yes-or-no response. Here is a structured breakdown.

1. What the Manufacturer Claims

PrimeGENIX states that "in an 8-week clinical study, participants lost an average of 1.14 pounds of body weight every 7 days" using "a special U.S. patented thermogenic compound in Calm-Lean," and separately states the ingredients are backed by "six clinical studies" and hold "eight patents" across several countries, plus recognition such as a Nutracon award and approval as a functional food ingredient by South Korea's food safety authority for one component.^[1] The page also states the product is "doctor recommended" by the brand's affiliated physician.^[1]

2. What Independent Evidence Exists for the Ingredients

As detailed in the ingredients table above, independent, NIH-reviewed research on forskolin extract, capsaicin, and chromium generally shows small effects on body composition markers (like body-fat percentage or waist circumference) more often than significant effects on total body weight, and several well-designed 12-week trials of forskolin extract specifically found no weight-loss benefit over placebo.^{[3][4][5]}

3. Whether the Evidence Supports the Finished Product Specifically

Not independently verified. This review was unable to locate a peer-reviewed, independently published clinical trial of the CalmLean formula as a finished, four-ingredient product. The "8-week clinical study" figure cited on the product page is presented without a citation, journal name, or sample size on the public page, so it cannot be independently confirmed, and it is not possible to determine whether it refers to CalmLean itself, one raw-material ingredient tested in isolation, or a differently dosed formulation.

4. Evidence Grade

Using a four-tier framework (Strong / Moderate / Limited / Insufficient):

- **Piperine as a bioavailability enhancer (general pharmacology):** Moderate — well documented across many nutrients and drugs, though not tested in this specific formula.
- **Forskolin/ForsLean for body weight:** Limited — plausible mechanism, but most controlled human trials show no significant weight-loss effect.
- **Capsaicin/cayenne for body weight:** Limited — modest short-term calorie-intake reduction shown; body-weight effect not established.
- **Chromium for body weight:** Limited — small effects reported in meta-analyses, described by reviewers themselves as of uncertain clinical relevance.
- **CalmLean as a finished, four-ingredient combination product:** Insufficient — no independently verifiable clinical trial of the complete formula was found.

5. Why Individual Responses May Differ

Even if a supplement's ingredients have some measurable average effect in a study population, individual results vary based on genetics, starting body composition, hormonal status, adherence, and how consistently the product is taken.

6. Why Diet, Activity, Sleep, and Adherence Still Matter

The product page itself acknowledges, in its FAQ, that results are better when "nutrition and exercise" are added, even while its headline marketing claims weight loss occurs "without changing your current diet, exercise routine or lifestyle."^[1] These two messages are somewhat in tension. The more evidence-based framing is that no capsule replaces a sustainable calorie balance, adequate protein intake, physical activity, and

consistent sleep as the foundation of weight management — a supplement can, at best, be a modest complement to those factors, not a substitute for them.

CalmLean Benefits

Benefits Claimed by the Manufacturer

PrimeGENIX's marketing lists the following benefits, which should be understood as manufacturer claims rather than independently verified outcomes^[1]:

- Shrinks belly fat and reduces overall body fat
- Boosts metabolism "within minutes" of the first dose
- Reduces hunger and blocks fat formation
- Increases lean muscle mass while losing fat
- Improves BMI and body composition
- Delivers noticeable results within the first week

Potentially Relevant Benefits Based on Ingredient Research

Based strictly on the independent research summarized earlier, here is a more cautious framing of what the ingredients in CalmLean may plausibly contribute:

- Capsaicin **may** modestly reduce calorie intake at meals where it's consumed, based on short-term studies.
- Forskolin extract **has been studied for** effects on body composition, with evidence that is mixed and, in several trials, does not show a significant weight change.
- Chromium **has evidence** — described by its own reviewers as of limited clinical significance — for small reductions in weight and body fat percentage in some meta-analyses.
- Piperine (BioPerine) **has reasonably strong evidence** as a general absorption enhancer for various compounds, though its specific effect within this formula is unconfirmed.

None of this amounts to a guarantee of a specific number of pounds lost, and none of it should be read as medical advice.

CalmLean Side Effects & Safety

CalmLean does not have no side effects, and no dietary supplement — including this one — is completely safe for every person in every circumstance. Below is a balanced overview based on what is known about each listed ingredient class.

Ingredient	Reported Considerations From Independent Sources
------------	--

Chromium (polynicotinate)	Generally well tolerated at typical intakes; reported adverse effects in clinical trials of chromium picolinate/related forms include headache, watery stools, constipation, nausea, vomiting, weakness, and hives. No official upper safety limit has been established because serious adverse effects are uncommon at studied doses. ^[3]
ForsLean® (forskolin extract)	At studied doses (around 500 mg/day of a 10% forskolin extract for up to 12 weeks), the main reported effect was more frequent bowel movements or looser stools. A separate animal study found that concentrated <i>Coleus forskohlii</i> extract — not purified forskolin itself — caused liver-related effects in mice at high doses, suggesting other compounds in the raw extract deserve caution; long-term human safety data are limited. ^[3]
Cayenne pepper / capsaicin	Generally considered safe for most adults at commonly studied doses, but can cause gastrointestinal irritation, and one 12-week trial at 4 mg/day of capsaicinoids reported increased insulin levels and reduced HDL ("good") cholesterol as secondary findings. ^[3]
BioPerine® (piperine)	Has GRAS (Generally Recognized As Safe) status following an independent safety review. However, because piperine inhibits certain drug-metabolizing enzymes and an intestinal transport protein, it can meaningfully increase blood levels of some medications when taken together — this is the most clinically relevant interaction risk in the formula. ^[8]

This review is for educational purposes and is not medical advice. Anyone who is pregnant, breastfeeding, taking prescription medication, has an underlying medical condition, or is unsure whether a dietary supplement is appropriate for them should consult a qualified healthcare professional before using CalmLean or any similar product.

Who Should Avoid or Discuss CalmLean With a Doctor?

General precaution suggests speaking with a healthcare professional before starting CalmLean (or any weight-management supplement) if you:

- Take prescription medications, particularly ones metabolized by the liver, since the piperine (BioPerine) content is designed to alter absorption and metabolism pathways^[8]
- Have an existing medical condition, including diabetes, liver disease, or gastrointestinal conditions
- Are pregnant or breastfeeding
- Are scheduled for surgery in the near future
- Have known allergies or sensitivities to chili peppers, black pepper, or related botanicals
- Are concerned about how a new supplement might interact with an existing regimen

This list is general guidance, not a complete list of every possible contraindication, and it does not substitute for individualized medical advice.

CalmLean Dosage & How to Take It

Per the current manufacturer instructions, CalmLean is taken as **two capsules with a glass of water**.^[1] Each bottle contains 60 capsules, marketed as a 30-day supply.^[1] The product page does not specify a particular time of day or whether the capsules should be taken with food, and does not present a titration schedule.

Follow the current directions printed on the product label, since dosing guidance can be updated by the manufacturer after this review was written. Do not exceed the labeled serving size without guidance from a healthcare professional.

CalmLean Price & Where to Buy

At the time this review was prepared, CalmLean was priced directly through the PrimeGENIX website as follows^[1]:

Option	Price	Notes
1 bottle (30-day supply)	\$59	Standard one-time purchase
3 bottles	\$56/bottle (\$168 total)	One-time purchase
6 bottles	\$53/bottle (\$318 total)	Listed as the brand's "best savings" tier
Monthly subscription	\$49/bottle	Cancel-anytime auto-ship, per the product page

The site also references free shipping within the continental United States on orders of \$100 or more, and periodic promotions (such as buy-one-get-one offers) that may not be permanent.^[1] Prices, shipping terms, and promotions on direct-to-consumer supplement sites change frequently, so treat the figures above as a snapshot rather than a guarantee of current pricing.

To view current pricing, promotions, and terms directly on the official order page, you can use the link below.

[Check the Current CalmLean Offer](#)

This is an affiliate link. See the Affiliate Disclosure section for details.

CalmLean Money-Back Guarantee

Per the official guarantee page, CalmLean is covered by a **67-day money-back guarantee** from Leading Edge Health.^[2] Based on the current terms:

- Customers are invited to use up to two full containers (roughly 60 days' worth) before deciding.

- To request a refund, the two used containers (plus any unopened extras from a multi-bottle order) must be returned within 67 days of the delivery date.
- Refunds are issued for the product price, minus original shipping charges.
- The company states it limits refunds to one order per customer.

This review cannot promise that any individual refund request will be approved, and cannot verify how consistently the policy is honored in practice. Read the current, complete guarantee terms on the official site before purchasing, and keep any order confirmation and return tracking information in case you need to invoke it.

CalmLean Pros and Cons

Pros	Cons
• Genuinely stimulant- and caffeine-free positioning, useful for people who are caffeine-sensitive • Ingredient list is disclosed on the product page rather than hidden behind a proprietary blend • Convenient two-capsule daily format • Backed by a comparatively long (67-day) refund window versus many competitors' 30-day policies • Manufactured in a facility the brand describes as cGMP-certified, with a linked certificate of analysis available on the official site^[1]	• No independently published clinical trial of the finished four-ingredient formula was located • Ingredient-level evidence for weight loss specifically (as opposed to body composition) is mixed to limited across all four active ingredients • The "1.14 lbs per week" clinical claim on the product page is not independently verifiable from the information currently published • Exact milligram doses for three of the four ingredients were not fully confirmed on the live page at review time • Price is higher than many single-ingredient supplement options if bought at the single-bottle rate • Refund policy excludes shipping costs and limits customers to one refund • Not a substitute for diet, physical activity, sleep, or medical care

CalmLean vs. Typical Stimulant Fat Burners

Category	CalmLean	Typical Stimulant-Based Fat Burner
Stimulant content	None listed (per manufacturer) ^[1]	Usually contains caffeine and/or other stimulant compounds

Caffeine	0 mg (stated)	Often 150–300+ mg per serving
Intended positioning	Gentler, all-day option for caffeine-sensitive users	Fast-acting energy and appetite suppression
Tolerance concerns	Lower risk of building stimulant tolerance	Regular caffeine users may need escalating doses over time, per NIH ODS ^[3]
Convenience	Two capsules, once daily	Varies; some require multiple daily doses or cycling
Evidence considerations	Ingredient-level evidence limited to moderate; no finished-product trial found	Caffeine itself has more consistent evidence for a modest thermogenic effect, but with corresponding cardiovascular and sleep-related safety trade-offs ^[3]

Neither category has strong evidence for large, guaranteed weight loss on its own — the meaningful difference is mainly about stimulant exposure and how a person's body tolerates that trade-off, not about one category being definitively more effective than the other.

CalmLean Alternatives: What to Look For

Rather than recommending specific competing products, this section outlines what to check when comparing CalmLean against any other weight-management supplement:

- **Transparent labeling:** Does the product disclose exact milligram amounts for every active ingredient, or hide them in a "proprietary blend"?
- **Ingredient amounts that match research doses:** Compare the label to the doses actually used in the clinical literature for that ingredient — many products use amounts well below what was studied.
- **Third-party testing:** Look for an independently issued Certificate of Analysis confirming label accuracy and the absence of contaminants.
- **Realistic claims:** Be skeptical of any product promising a specific, guaranteed rate of weight loss without lifestyle changes.
- **Manufacturer transparency:** Can you easily find who makes the product, where, and under what quality standards?
- **Return policy:** Understand the refund window, what's required to qualify, and whether shipping costs are refundable.
- **Evidence quality for the finished product:** Independently published trials of the actual formula (not just its individual ingredients) are the gold standard and are rare in this product category.

Frequently Asked Questions

1. What is CalmLean?

CalmLean is a stimulant-free dietary supplement from PrimeGENIX that combines chromium, a forskolin extract (ForsLean), cayenne pepper, and the absorption enhancer BioPerine, marketed for weight management.^[1]

2. Does CalmLean work?

Not independently verified as a finished product. Its individual ingredients have limited to mixed evidence for weight loss specifically, as detailed in the "Does CalmLean Actually Work?" section above.

3. Is CalmLean stimulant-free?

According to the manufacturer, yes — it does not contain caffeine or the stimulant compounds commonly found in other fat burners.^[1]

4. Does CalmLean contain caffeine?

The manufacturer states it is 100% caffeine-free.^[1]

5. What are the CalmLean ingredients?

Chromium (as chromium polynicotinate), ForsLean® (Coleus forskohlii root extract, 10% forskolin), cayenne pepper (Capsicum annuum) fruit powder, and BioPerine® (black pepper extract, 95% piperine).^[1]

6. How do you take CalmLean?

Two capsules with water, per the current product label.^[1] Follow the instructions on your specific bottle, as guidance can change.

7. What are the potential CalmLean side effects?

Possible effects associated with its ingredient categories include gastrointestinal upset, changes in bowel habits, and — specific to piperine — altered absorption of certain medications. See the Safety section for details by ingredient.^{[3][8]}

8. How much does CalmLean cost?

At the time of writing, \$59 for one bottle, down to \$53/bottle for six, or \$49/bottle on subscription.^[1] Confirm current pricing before ordering.

9. Where can you buy CalmLean?

Directly through the official PrimeGENIX website. [View current CalmLean pricing here](#) (affiliate link).

10. Does CalmLean have a money-back guarantee?

Yes — a 67-day guarantee, minus shipping costs, limited to one refund per customer, per the current guarantee page.^[2]

11. Is CalmLean for men?

The marketing is aimed primarily at men, particularly those over 40 dealing with age-related metabolic slowdown, though the ingredients themselves are not inherently sex-specific.^[1]

12. Is CalmLean for women?

The product page and marketing language are framed around men's health, so this review cannot confirm whether the company positions CalmLean for women as well. Anyone considering it should review the current label and, if pregnant, breastfeeding, or trying to conceive, consult a healthcare professional first.

13. How long does CalmLean take to work?

The manufacturer claims metabolic effects "within minutes" of the first dose and visible results within the first week.^[1] These specific claims are not independently verified; the ingredient research reviewed here generally involves 8- to 12-week study periods before any measurable differences were detected.^[3]

14. Can CalmLean replace diet and exercise?

No. Even the manufacturer's own FAQ notes that nutrition and exercise "accelerate results," which is inconsistent with its separate claim that no diet or lifestyle change is needed.^[1] No dietary supplement is a substitute for a sustainable calorie balance, physical activity, and other lifestyle fundamentals.

15. Is CalmLean FDA approved?

No — and this isn't specific to CalmLean. The FDA does not "approve" dietary supplements the way it approves prescription drugs. Supplements are regulated under a different framework: manufacturers are responsible for ensuring safety and truthful labeling, and the FDA can take enforcement action after the fact if a product is found to be unsafe or misleadingly marketed.^[3] CalmLean's own packaging is required to carry the standard disclaimer that its claims "have not been evaluated by the Food and Drug Administration" and that the product is not intended to diagnose, treat, cure, or prevent any disease.^[1]

Final CalmLean Review Verdict

CalmLean is a reasonably transparent, clearly labeled supplement built around four ingredients that each have a plausible, if modest, connection to metabolism or fat-loss pathways in the scientific literature. Its genuinely stimulant-free formulation is a real point of differentiation for people who specifically want to avoid caffeine-based products, and its 67-day guarantee is longer than many competitors offer.

At the same time, the case for CalmLean rests heavily on marketing language — phrases like "clinically proven," "works fast," and a specific 1.14-lb-per-week figure — that could not be independently verified against a publicly available, peer-reviewed trial of the finished product. The independent research that does exist, mostly reviewed by the NIH Office of Dietary Supplements, shows small and

inconsistent effects for these ingredient categories on total body weight, even though some studies do show more modest effects on body composition, appetite, or metabolic markers.

Who might find CalmLean worth investigating: adults who want a caffeine-free supplement to pair with an already-improving diet and exercise routine, and who go in with realistic expectations about the size of any effect. What remains uncertain: whether the specific combination and dosing in CalmLean produces meaningfully more weight loss than its individual, modestly studied ingredients would suggest on their own. What to verify before buying: current exact ingredient amounts on the label, current pricing and subscription terms, and the current wording of the refund policy — all of which can change after this review was published.

This review does not claim CalmLean is guaranteed to work, nor that it is unsafe or a scam. It occupies a middle ground common to many supplement products: plausible science, real transparency about ingredients, and marketing claims that outrun what the independent evidence currently supports.

To review current CalmLean pricing, promotions, and the official guarantee terms directly on the manufacturer's order page:

Check the Current CalmLean Offer

Affiliate link — see disclosure below.

How This Review Was Prepared

This review was compiled by examining the current official CalmLean/PrimeGENIX product and guarantee pages, cross-referencing the manufacturer's ingredient and claim statements against independently published research — primarily the NIH Office of Dietary Supplements' fact sheet on weight-loss supplement ingredients and peer-reviewed clinical trials on *Coleus forskohlii* — and distinguishing marketing language from verifiable evidence throughout. No personal use of the product, laboratory testing, customer interviews, or medical consultations were conducted or implied in the preparation of this document. Where information could not be independently confirmed, it is labeled as such rather than assumed.

Last reviewed: August 10, 2026. Pricing, formulation, and guarantee terms are current as of that date and are subject to change by the manufacturer.

References & Sources

1. PrimeGENIX. "Calmlean." Official product page. Leading Edge Health. Accessed August 2026. <https://www.primegenix.com/products/calmlean>

2. PrimeGENIX. "Guarantee." Leading Edge Health. Accessed August 2026. <https://www.primegenix.com/pages/guarantee>
3. National Institutes of Health, Office of Dietary Supplements. "Dietary Supplements for Weight Loss — Health Professional Fact Sheet." Accessed August 2026. <https://ods.od.nih.gov/factsheets/WeightLoss-HealthProfessional/>
4. Henderson S, et al. "Effects of Coleus forskohlii supplementation on body composition and hematological profiles in mildly overweight women." Journal of the International Society of Sports Nutrition. 2005. PubMed: <https://pubmed.ncbi.nlm.nih.gov/18500958/>
5. Loftus HL, Astell KJ, Mathai ML, Su XQ. "Coleus forskohlii Extract Supplementation in Conjunction with a Hypocaloric Diet Reduces the Risk Factors of Metabolic Syndrome in Overweight and Obese Subjects: A Randomized Controlled Trial." Nutrients. 2015;7(11):9508-9522. DOI: [10.3390/nu7115483](https://doi.org/10.3390/nu7115483)
6. Godard MP, et al. "An evidence-based review: Anti-obesity effects of Coleus forskohlii." ScienceDirect. Accessed August 2026.
7. Sabinsa Corporation. "BioPerine®." Manufacturer information site. Accessed August 2026. <https://bioperine.com/>
8. Majeed M, et al. "Use of piperine as a bioavailability enhancer." U.S. Patents US5972382A and US5744161A. Google Patents. Accessed August 2026.

Full Affiliate Disclosure: This review contains an affiliate link to CalmLean's official order page (<https://www.calmlean.com/ct/723131>). If you make a purchase through this link, the author may receive a commission at no additional cost to you. This document was prepared independently and the affiliate relationship did not alter the factual claims, evidence assessments, or conclusions presented above. This review is provided for informational purposes and is not medical, legal, or financial advice. If you are experiencing symptoms of an eating disorder, disordered eating patterns, or significant distress related to body weight, please consult a qualified healthcare professional.